



## HealthQuest

### Wellness Champion Network Monthly Webinar

Thursday, November 10<sup>th</sup> - 11:00-11:45 am

## Agenda

- ✓ **Leadership Development**
  - ✓ *With Special Guest Jack Bastable*
- ✓ **Quiet Period 11.16.16 – 12.31.16**
- ✓ **November HQ Seminar**
- ✓ **November EAP Webinar**
- ✓ **GASO**

# Leaders Collaborate



## 5 Reasons Collaborating is Important

1. Self-awareness
2. Scale
3. Creative Abrasion
4. Take the long view
5. Learn, learn, and learn some more

## Resources on Collaboration

Are You a Collaborative Leader?

<https://hbr.org/2011/07/are-you-a-collaborative-leader>

5 Reasons Why Collaboration is Essential

<http://www.inc.com/natalie-nixon/5-reasons-why-collaboration-is-essential-in-today-s-business-environment.html>

Design Thinking

<https://www.fastcompany.com/919258/design-thinking-what>

<http://www.forbes.com/sites/sap/2015/05/10/what-is-design-thinking/#2b2abcb53c18>



**HQ Program Year Ending Tuesday,  
November 15<sup>th</sup>, 11:00 p.m. Central Time**

Kansas HealthQuest

Action Plan Progress Rewards Coaching Library

Credits: 0

**What Would Motivate You To Be Healthier?**

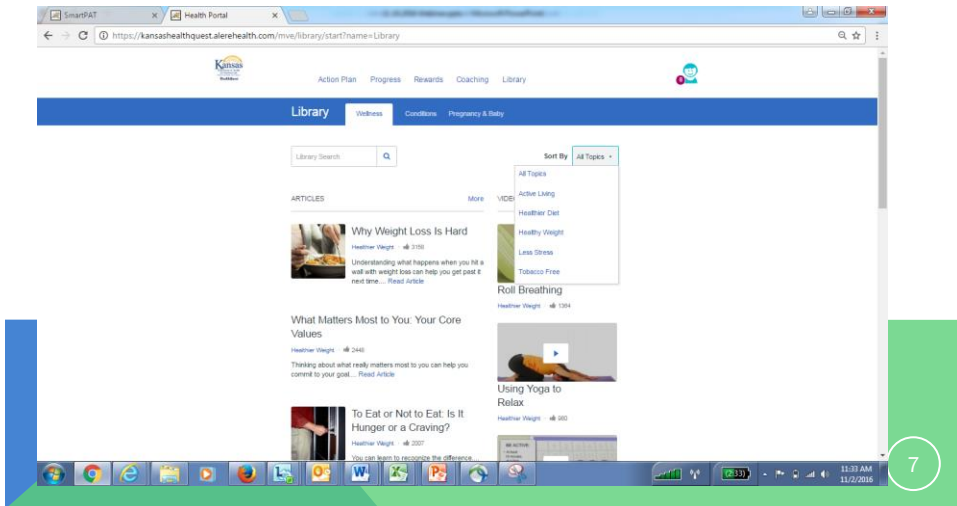
To live longer? To have more energy or strength? To feel better or happier? We'll help you pick a health goal and set up an Action Plan.

[Get Started](#)

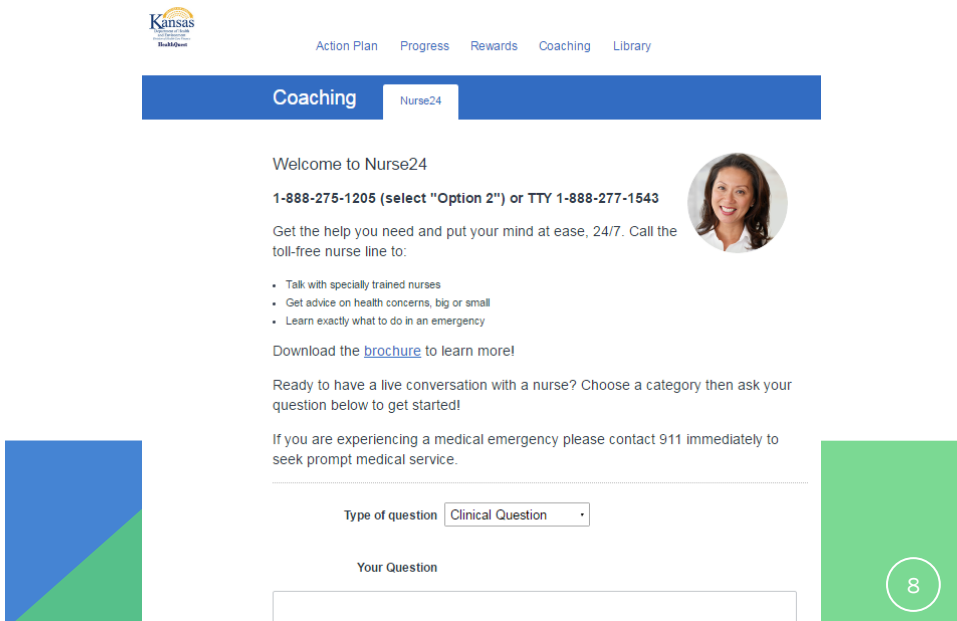
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## Portal 11.16.16 – 12.31.16

The NEW HealthQuest Program Year will begin January 1, 2017 with a new look for the Portal. While you currently can not earn credits until that time, take advantage of the educational opportunities here to help you Celebrate a Healthy Holiday Season!



## Portal 11.16.16 – 12.31.16



## November 2016 Seminar

Library
Wellness
Conditions
Pregnancy & Baby

Library Search

### Being Mindful While Being Thankful

Seminar · 1 Credit Last Reviewed: 10/31/2016 · 32

It's a busy -- and often stressful -- time of year. Learn how mindfulness and other stress management techniques can help you remain calm and focused.

**Seminars** help you take action to make healthier choices. Plus, you can earn credits! Listen carefully and you'll ace the quiz at the end.

Less Stress  
Depression

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## November 2016 EAP Webinar

Wednesday, November 16th, 2016, 3:00 p.m.

## Managing Personal Finances

Are money issues causing you to worry and stress? Money is a huge stressor for many people but it doesn't have to be. This workshop will help you demystify the numbers and get you living beyond paycheck to paycheck.

[www.kdheks.gov/hcf/healthquest/eapwebinars.htm](http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm)





Quit For Life® Program

Remember when  
smoking was in?  
**Now it's out.**



Especially during

**The Great  
American Smokeout**

**November 17, 2016**

Remember when smoking was in? Now it's out—especially during the American Cancer Society Great American Smokeout®.

Every year, smokers and the people who care about them rally together on this special day. They know quitting is easier with help and encouragement.

That's why the American Cancer Society and Optum are proud to offer the Quit for Life® Program. With one-on-one coaching, quit tips and tools, the program has helped nearly 2.5 million tobacco users on their journey to quit. If you or someone you know is thinking about quitting, The Quit For Life Program can help.

**Complete your remaining calls today!**

**1-888-275-1205** (select option 3)

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

## Thank You for Joining Our November Meeting!

Next Meeting is **Thursday, December 8<sup>th</sup>**

✓ **11:00-11:45 am**

**Secret Question:**

**Open Questions/Comments**

